



10th Annual Advances in Heart Disease Prevention and Rehabilitation

“Helping Patients Help Themselves”

Saturday, March 3, 2018

Detroit Marriott Troy ▪ Troy, Michigan

Beaumont

OU | *School of*
WB | **MEDICINE**

Supported by

**The Lois Walts Farrell
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INTRODUCTION

Recent studies have shown that arterial inflammation plays a key role in the development and progression of atherosclerosis, that acute myocardial infarctions often evolve from mild-to-moderate coronary artery stenoses, that patients who experience a fatal coronary event invariably had antecedent exposure to one or more major coronary risk factors (i.e., hypercholesterolemia, hypertension, cigarette smoking, diabetes, obesity), that angiographic findings may vastly underestimate underlying atherosclerotic coronary artery disease, and that aggressive medical management may represent a safe and effective alternative to many elective coronary revascularization procedures. Moreover, cardiorespiratory fitness appears to be one of the strongest prognostic markers in persons with and without heart disease. Collectively, these data highlight the value of lifestyle modification and contemporary pharmacotherapies in the prevention of initial and recurrent cardiovascular events. Several mechanisms may contribute to improved clinical outcomes, including partial (albeit small) anatomic regression of coronary artery stenoses, a reduced incidence of coronary inflammation, platelet aggregation, and plaque rupture, and enhanced coronary artery vasomotor function.

Conference registrants will be provided the latest information on heart disease prevention and rehabilitation by a nationally distinguished faculty to “help patients help themselves.”

Target audience

This one-day conference will provide cardiologists, internists, physician assistants, cardiac nursing personnel, and associated allied health professionals (e.g., physiologists, physical and occupational therapists, cardiac rehabilitation personnel, dietitians, recreational directors, public health professionals, health care administrators) with an overview of recent advances in the primary and secondary prevention of cardiovascular disease.

CME accreditation and credit designation

Beaumont Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Beaumont Health designates this live activity for a maximum of 5.75 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure

All planning committee members and speakers have been asked to disclose any significant relationships they may have with commercial companies within the past 12 months that are relevant to their presentation. The presence or absence of relationships as well as off-label discussion of products will be disclosed at the time of the conference.

Acknowledgement

This conference will be partially supported by educational grants and display fees from commercial supporters.

OBJECTIVES

By attending this conference, attendees should improve their ability to:

- Discuss the incremental value of a coronary artery calcium score above a conventional risk factor profile, with specific reference to the safety, impact on medication adherence, and the significance of “progression” of the calcium score.
- Review standard and novel clot extraction techniques for pulmonary embolism (PE), including anticoagulants, clot dissolving medications called thrombolytics, and surgery, as well as promising new interventions to remove clots from the lungs in sick patients with PE, such as the Angiovac system, Indigo system and the Flow Trierer system.
- Identify cardiac demands and somatic energy expenditure involved in sexual activity, safe parameters for resuming sexual activity after an acute cardiac event, and what measures should be taken post-myocardial infarction prior to engaging in sexual activity, as well as the mechanisms and potential hazards of drugs for erectile dysfunction.
- Become knowledgeable in the recent trend toward using computed tomography (CT) – first for the diagnosis and risk assessment of coronary artery disease (CAD), the potential of CT angiography (CTA) for enhancing risk stratification through advanced plaque characterization, and the role of fractional flow reserve computed from noninvasive CTA to assess the functional significance of CAD and the need for revascularization strategies, if appropriate.
- Summarize growing knowledge regarding the physiology of the postoperative stress response and its relationship to postoperative cardiac events in developing strategies to minimize these complications.
- Review an interesting case study pertaining to a patient with cardiovascular disease (e.g., atherosclerotic coronary artery disease and/or structural abnormalities), including the diagnostic evaluations employed, the treatment approach used, and related cardiovascular outcomes.
- Grasp the methods/interventions to prevent the signs and symptoms of heart failure from occurring.
- Identify the barriers and facilitators to adoption of healthy lifestyle behaviors and case management in the worksite setting.
- Discuss the independent and additive benefits of incorporating lifestyle changes/modification into the medical management of patients with atrial fibrillation.
- Summarize relevant studies regarding the ideal “dose” of exercise for optimal health, and discuss whether high-volume, high-intensity exercise, over time, can actually harm the heart.
- Describe the influence of lifestyle factors (such as exercise/physical activity, dietary practices, smoking, sleep habits, body mass) on the accumulation of DNA damage and telomere dysfunction during human aging.
- Identify the potential impact of lifestyle modification and drug therapy on cardiovascular risk reduction, with specific reference to hypercholesterolemia, hypertension, cigarette smoking, physical inactivity, diabetes, and obesity.
- Review the available prognostic evidence involving the coronary artery calcium screening of asymptomatic patients, and the implications of these data for targeting patients for preventive strategies of care
- Comprehend the causes of sudden death in young athletes and the relative roles and efficacy of different screening strategies
- Identify high risk and cardioprotective levels of physical activity and cardiorespiratory fitness (metabolic equivalents; METs) for patients with and without cardiovascular disease, with specific reference to health outcomes associated with varied doses of exercise (i.e., moderate, vigorous, extreme).
- Examine the interpretation and implications of several recent epidemiologic studies linking increased all-cause and cardiovascular mortality rates in population subsets participating in high intensity or extreme levels of physical activity (i.e., highlighting the J-curve or U-curve pattern).

FACULTY

Director

Barry A. Franklin, Ph.D.

Director, Preventive Cardiology and Rehabilitation
Beaumont Hospital, Royal Oak
Professor, Department of Internal Medicine
Oakland University William Beaumont
(OUWB) School of Medicine

Guest faculty



Donna K. Arnett, Ph.D., MSPH

Dean, University of Kentucky
College of Public Health
Lexington, KY
Past President, American Heart Association



Kim A. Eagle, M.D.

Albion Walter Hewlett
Professor of Internal Medicine
Director, Frankel Cardiovascular Center
University of Michigan
Ann Arbor, MI



Mariell L. Jessup, M.D.

Chief Science Officer
Leducq Foundation
Broadview Ventures
Boston, MA
Past President, American Heart Association



Benjamin D. Levine, M.D.

Professor of Medicine and Cardiology
Director, Institute for Exercise and
Environmental Medicine
University of Texas Southwestern Medical Center
Dallas, TX



Patrick T. O'Gara, M.D.

Director of Clinical Cardiology
Brigham and Women's Hospital
Professor of Medicine
Harvard Medical School
Boston, MA
Past President, American College of Cardiology

Beaumont faculty

Terry R. Bowers, M.D.

Director, Vascular Medicine
Assistant Professor of Medicine
OUWB School of Medicine

Allan W. Chernick, M.D.

Clinical Cardiologist

Michael J. Gallagher, M.D.

Director, Advanced Cardiac Imaging
Director, Clinical Cardiology Fellowship Program
Associate Professor, Department of Internal Medicine
OUWB School of Medicine

Abdul R. Halabi, M.D.

Interventional Cardiologist
Assistant Professor, Department of Internal Medicine
OUWB School of Medicine

Robert N. Levin, M.D.

Clinical Cardiologist
Associate Professor, Department of Internal Medicine
OUWB School of Medicine

Robert D. Safian, M.D.

Director, Center for Innovation and
Research in Cardiovascular Disease
Professor, Department of Internal Medicine
OUWB School of Medicine

Steven B.H. Timmis, M.D.

Director, Coronary Care Unit
Assistant Professor, Department of Internal Medicine
OUWB School of Medicine

Justin E. Trivax, M.D.

Interventional Cardiologist
Assistant Professor, Department of Internal Medicine
OUWB School of Medicine

Thomas A. Verrill, M.D.

Clinical Cardiologist

SCHEDULE OF EVENTS

- 7:15-7:50 a.m. Registration and Continental Breakfast
- 7:50-8 a.m. Welcome and Opening Remarks
Barry A. Franklin, Ph.D.
- 8-8:35 a.m. Coronary Calcium Score in CVD Prevention:
Who, Why, and What is the Warranty?
Michael J. Gallagher, M.D.
- 8:35-9:10 a.m. Cardiac Risk of Noncardiac Surgery: A Piece of my Mind
Kim A. Eagle, M.D.
- 9:10-9:45 a.m. Can We Prevent Heart Failure?
Mariell L. Jessup, M.D.
- 9:45-10:20 a.m. Lifestyle Measures to Reduce the Burden of Atrial Fibrillation
Patrick T. O'Gara, M.D.
- 10:20-10:50 a.m. Case Presentation
Thomas A. Verrill, M.D.
(Panel: Allan W. Chernick, M.D., Abdul R. Halabi, M.D.,
Steven B.H. Timmis, M.D., Justin E. Trivax, M.D.)
- 10:50-11:10 a.m. **BREAK**
- 11:10-11:45 a.m. Innovative Work-Site Strategies to Enhance Cardiovascular Health
Donna K. Arnett, Ph.D., MSPH
- 11:45 a.m.-12:20 p.m. The Athlete's Heart: Friend or Foe?
Benjamin D. Levine, M.D.
- 12:20-12:35 p.m. Panel Discussion/Questions and Answers
- 12:35-1:30 p.m. **LUNCH**
- HOT TOPICS – BRIEF UPDATES**
- 1:30-1:50 p.m. Treatment of Acute Pulmonary Embolism:
Newer Pharmacologic and Interventional Strategies
Terry R. Bowers, M.D.
- 1:50-2:10 p.m. Coronary Computed Tomography Angiogram:
A Paradigm Shift in CAD Diagnosis, Risk Stratification and Treatment
Robert D. Safian, M.D.
- 2:10-2:30 p.m. Sexual Intimacy and the Cardiac Patient
Robert N. Levin, M.D.
- 2:30-2:45 p.m. **BREAK**
- 2:45-3:05 p.m. Beyond Botox and Cosmetic Surgery:
Exercise and other Anti-Aging Lifestyle Interventions
Barry A. Franklin, Ph.D.
- 3:05-3:20 p.m. Q&A
- 3:20-3:30 p.m. Closing

REGISTRATION

Register on or before Feb. 23, 2018 to take advantage of reduced registration rates.

Register online at:

<https://beaumont.cloud-cme.com/prevention2018>

Early bird registration rates are available until 2/23/18. Online registration will close on 3/2/18. After 3/2/18, you may register onsite at the registration desk.

Registration fees

Conference registration fees include CME credit, access to online presentations, continental breakfast, lunch and breaks.

	Early Bird On or before 2/23/18	After 2/23/18
Attending Physician	\$149	\$199
Physicians-in-training, NP, RN, PA-C other cardiac care providers	\$75	\$99
Students (must show College ID at Registration)	\$30	\$40

Cancellation Policy

Cancellation requests received on or before Feb. 23, 2018 are fully refundable. Cancellations or refunds after this date will not be honored. Substitutions are permitted.

To cancel a registration, send an email to heartandvascularconferences@beaumont.edu or fax 248-898-9075.

Any questions

Call 800-732-6368 or email: heartandvascularconferences@beaumont.edu

Location

Detroit Marriott Troy
200 West Big Beaver Road
Troy, MI 48084
Phone: 248-680-9797



Accommodations

Rooms are available at the Detroit Marriott Troy at a rate of \$104/night double/king. To book a room at the discounted rate, call 877-757-7131 or 248-680-9797 and ask for the Beaumont PREVENTION group rate.

REGISTRATION FORM

10th Annual Advances in Heart Disease Prevention and Rehabilitation
Saturday, March 3, 2018

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Online registration closes on March 2, 2018.

After March 2, 2018, you may register onsite at the registration desk.

Questions? Call 800-732-6368 or email: heartandvascularconferences@beaumont.edu

To register

Online

<https://beaumont.cloud-cme.com/prevention2018>

Fax

248-898-9075

Mail

Completed registration form and payment:
Kathryn Tewilliager
Department of Cardiovascular Medicine
Beaumont Hospital
3601 West 13 Mile Road
Royal Oak, MI 48073-6769

NAME

MD DO PAC NP RN OTHER _____

ADDRESS

CITY, STATE

ZIP

INSTITUTION

CITY, STATE (FOR NAME BADGE)

TELEPHONE

FAX

EMAIL ADDRESS

Specialty

Clinical cardiology Interventional cardiology Internal medicine Family practice
 Other _____

Registration fees

	On or before 2/23/18	After 2/23/18
<input type="checkbox"/> Attending physician	\$149	\$199
<input type="checkbox"/> Physicians-in-training, NP, RN, PA-C, other cardiac care providers	\$75	\$99
<input type="checkbox"/> Students (must show College ID at registration)	\$30	\$40

Method of payment

Make checks payable to: Beaumont Health

Credit card: Visa Mastercard Discover American Express

CREDIT CARD NO.

EXPIRATION DATE

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NAME ON CREDIT CARD (PRINT)

SIGNATURE

Beaumont

Department of Cardiovascular Medicine
3601 West 13 Mile Road
Royal Oak, MI 48073-6769

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